

PART FIVE

FOOD PREPARATION AND SERVING IN
GARRISON FACILITIES

CHAPTER 17

APPETIZERS, SOUPS, SAUCES, AND GRAVIES

APPETIZERS

Appetizers are small, tasty portions of food or drink that are attractively designed to whet the appetite. They are rarely included in the Master Menu except on special occasions such as Thanksgiving Day and Christmas.

Types

There are several different types of appetizers. Some of them are listed below.

Canapes. These are thin pieces of bread or toast which are topped with cheese, caviar, anchovies, meat spreads, or other food.

Hors d'oeuvres. These are small, tasty portions of food, which may be served hot or cold.

Dips. These are creamy mixtures of savory foods for scooping with potato chips, crackers, and vegetables.

Cocktails. These are portions of mixed fruit, fruit or vegetable juice, or seafood.

Recipes

TM 10-412 contains recipes and suggestions for serving chilled fruit cups, fruit or fruit juice cocktails, and shrimp cocktails. These appetizers are made from fresh, frozen, or canned foods. TM 10-412 also provides recipes for seasoned fillings for stuffed celery and recipes for chilled tomato juice cocktails. When preparing an appetizer that is meant to be served cold, start far enough in advance to allow time for chilling.

STOCKS

Stocks form the base for soups, sauces, and gravies. A stock can be made by simmering beef, pork, veal, or poultry and vegetables in water. Various soup and gravy bases may also be used to prepare a stock. While freshly prepared stocks are highly perishable and must be refrigerated, the commercially prepared soup and gravy bases are more shelf stable. General procedures for preparation and use of in-house prepared stock are described in this paragraph.

Making Stock

Proper preparation and use of stocks is vital to a quality product. Simmer beef, ham, or veal trimmings; chicken or turkey bones; or vegetables with seasonings added to make stock. Cooking times will vary according to the ingredients used. Strain the stock, cool it as quickly as possible, and remove the surface layer of hardened fat before you use the stock.

Using Stock

Stock that has been seasoned and thickened with cornstarch produces a sauce. Stock that has been thickened with a roux produces a gravy. Juices or pan drippings from meats are often used in gravy preparation. It is imperative that the right stock be used for a particular soup, gravy, or sauce. For example, a poultry stock would produce the best chicken or turkey rice soup, while a stock produced from ham would produce the best base for bean soup.

SOUP

Soup provides nourishment and stimulates the appetite. There are soups that should be served hot and others that should be served cold. They can be served as part of the short order, lunch, and dinner meals. Some specific types of soup are described in this paragraph.

Meat and Vegetable Soups

These soups are normally composed of a natural stock with or without a very limited quantity of a thickening agent to provide a base.

Bean and Potato Soups

These soups are normally self-thickened by the main ingredient (bean or potato).

Cream Soups

These are normally thickened with a flour-and-milk mixture. These soups require special handling as overheating or improper mixing procedures can cause curdling. When making a cream soup, add the milk just before serving. Heat the soup only to serving temperature. Do not let the mixture boil. Boiling causes the milk to curdle. When making cream of tomato soup, add the tomato mixture to the milk base to prevent curdling.

Dehydrated Soups

Dehydrated soups are normally quick and easy to prepare. They should be prepared according to the manufacturer's instructions for best results.

GRAVIES

Gravy is an important part of meat and poultry dishes. It brings out the flavor of the meat and provides many nutrients from the meat drippings and stock that make up its base. The recommended thickening agent is a cooked fat-and-flour mixture called roux. Good gravy has the characteristic flavor of the meat with which

it is served. Serve the gravy hot. Never keep gravy as a leftover.

Gravy with Braised or Stewed Meat

If the braised or stewed meat was dredged in flour before it was browned, you will need little or no thickening in the gravy.

Brown Gravy

Make brown gravy from the drippings left from roasted meat following the steps in the TM 10-412 recipe. There are many variations of the basic recipe for brown gravy. For example, to make onion gravy, add sliced onions to the brown particles and fat, and cook the mixture slightly before adding the flour. Make cream gravy by substituting warmed, reconstituted nonfat dry milk for the stock which is usually added to the drippings. Make tomato gravy by substituting hot tomato juice for part of the stock.

Pan Gravy

Make pan gravy from drippings left from roasted or fried meat. Add hot water to the drippings. Scrape the browned particles from the sides and bottom of the pan. Heat and stir the gravy until the particles are dissolved. Season the gravy as necessary, but do not thicken the liquid.

SAUCES

Sauces are served as components of meat, poultry, and fish dishes; as meat, poultry, and fish accompaniments; and with vegetables and desserts. Sauces are used chiefly to bring out the flavor and to improve the appearance of foods. Often they add nutritive value. As a rule, the color, flavor, and consistency of the sauce should contrast with the food with which it is served.

White Sauce

White sauce has many uses. Its consistency may be thin, medium, or thick, depending on the

amount of flour you use in proportion to the other ingredients. Use medium white sauce in creamed dishes and casseroles and as a base for cheese sauce and egg sauce. Use thick white sauce with coquettes. Because white sauce is perishable, make it close to serving time. Discard leftover white sauce or leftover dishes containing white sauce.

Special Sauces

Some special sauces and the dishes with which they are used are given below:

- Use barbecue sauce with frankfurters, chicken, beef, and pork. TM 10-412 contains a recipe for

barbecue sauce and various recipes for dishes made with it.

- Use pineapple and raisin sauce with meat and tartar sauce with fish. Recipes for these and other sauces listed in the Master Menu are contained in TM 10-412.